

# Westminster Senior Center

8200 Westminster Blvd.

Westminster, CA 92683

(714) 895-2878

[www.westminster-ca.gov](http://www.westminster-ca.gov)

Hours:

Monday - Thursday

7:00 a.m. - 5:30 p.m.



February 2022

Happy 2022! It is hard to believe another year has come and gone. Where does the time go? 2021 was another challenging year for all of us here at the Center, the City, the State, the Country and the World! It has now been two years since the pandemic began here in our Country. There have been so many challenges, glimmers of hope, setbacks and then again some rays of sunshine.

The Center has resumed activities over the last seven months. We have Yarn Spinners, Pool Room, Crafters, Pinochle, Game Group, Mexican Train, Chess and Tuesday movies. We are now offering ping pong! (Please call us to make a reservation.) Exercise classes are going on such as Longevity Stick, Tai Chi, Line Dancing and Stretch and Flex.

We are offering a "Grab and Go" lunch meal program through Meals on Wheels once a week which includes 6 frozen meals, 6 milks, 6 fruit cups and crackers. Registration is required to participate. Please call the Center 714-895-2878 for more information. There is a \$3 voluntary suggested contribution per meal. This program has been going on since March 2020.

We will be having special events such as a Valentine's Day Luncheon on Monday, February 14<sup>th</sup> at 12 noon, which depending on the weather will either be outside in the front of the Senior Center or if it is too cold or rainy we will have a "To Go" boxed lunch for everyone that makes a reservation. Spaces are limited. We will have a St. Patrick's Day Luncheon on Thursday, March 17<sup>th</sup> at 12 noon with the hopes of eating together outside and if not, we will do a "To Go" boxed lunch. Again, reservations must be made and spaces are limited.

Many thanks to our wonderful Staff here at the Senior Center over the past two years. It has been a very challenging time, but everyone has gone above and beyond to serve the Seniors. Please feel free to call us anytime with questions, requests or just to say "hi". We hope to see more of you all soon.

Claire Amyx  
Senior Center Supervisor



# HAPPY New Year 2022!

## Upcoming Events:

### **Lunar New Year Drive Thru Parade**

**February 1st, 2nd & 3rd**

10:00 a.m. - 11:30 a.m.

Parking lot off Jackson Street

### **Valentine's Day Lunch**

**February 14th**

12:00 noon - 1:00 p.m.



## Additional Information:

The Westminster Senior Center is excited to offer activities during our opening process. Activities include yarn spinners, pool room, pinochle, crafters, game group, Mexican train dominos, movies, ping pong and chess. Updated registration must be on file for participation.



The Westminster Senior Center offers a grab and go food program that includes frozen meals, fruit cups, and milk. The program offers Vietnamese food or Americana. Registration is required and can be done in person, Tuesday - Thursday between 10:00 a.m. - 11:30 a.m. or by phone at (714) 895-2878.

A \$3 voluntary contribution per meal is requested. Participants must be 60 years of age or older or be disabled.



The City of Westminster has partnered with OCTA to provide transportation services to seniors, 60 years and older, residing in Westminster. The goal of the W.O.W. Program is to assist seniors in remaining independent. The program operates Monday through Thursday and reservations are required.



## Commodities Program

Second Wednesday of every month.

February 9th

Requirements: Must be a resident of Westminster and qualify as low income.



# Services

## **Legal Aid**

Professional Paralegals provide legal advice and referrals.

When: 2nd Wednesday of every month.

February 9th

Time: 9:00 a.m. - 11:00 a.m.

(By appointment only)

## **HICAP (Health Insurance Counseling Advocacy Program)**

Assists seniors with questions related to their health insurance.

Call the front desk for an appointment at (714) 895-2878.

# Health & Wellness

## **Diabetes Support Group**

A way to find help, tips and tools for managing diabetes.

When: 1st Wednesday of every month.

February 2nd

Topic: Blood Pressure and Heart Attack

Time: 10:00 a.m. - 11:30 a.m.

(By appointment only)

Instructor: Jane Herin, MSHS, BSN, RN, PHN

## **Smile with your eyes!**



For the safety of all participants, face masks fully covering the nose and mouth are required while inside the Westminster Senior Center.

## Recent Events

Thank you all that joined us for our recent events!



Veteran's Day Lunch.  
Thank you for your service.



Holiday Parade  
Thank you Santa for joining us!





## Halloween Party

Thank you to OCFA for joining us!



## Holiday Social



# Activities

## **Yarn Spinners**

Crochet and Knit

Monday 8:00 a.m. - 12:00 noon

Tuesday 1:00 p.m. - 3:00 p.m.

Wednesday 8:00 a.m. - 2:00 p.m.

Thursday 8:00 a.m. - 12:00 noon

## **Pool Room**

Monday - Thursday 8:00 a.m. - 5:00 p.m.

## **Pinochle**

Mondays and Thursdays 8:00 a.m. - 5:00 p.m.

## **Crafters**

Tuesday 9:00 a.m. - 11:00 a.m.

(No class on last Tuesday of every month)

## **Chess**

Tuesday 12:30 p.m. - 5:00 p.m.

Thursday 12:30 p.m. - 5:00 p.m.

## **Mexican Train Dominos**

Wednesdays

12:00 noon - 3:00 p.m.

## **Movies**

Tuesdays

Movie starts at 9:00 a.m.

## **Game Group**

Tuesday 12:30 p.m. - 5:00 p.m.

## **Ping Pong**

Monday - Thursday 8:00 a.m. - 5:00 p.m.

Please call the day before to schedule.

Please call the front desk for reservations and more information.

(714) 895-2878

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## Movie Schedule

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|--|--|
| <p>February 1, 2022<br/>"Jungle Cruise"<br/>Runtime: 2 hours; 7 mins<br/>Rated PG-13 (2021)<br/>Sci-Fi/Action</p>    | <p>February 15, 2022<br/>"King Richard"<br/>Runtime: 2 hours; 18 mins<br/>Rated PG-13 (2021)<br/>Drama</p> |
| <p>February 8, 2022<br/>"Ghostbusters: Afterlife"<br/>Runtime: 2 hours; 4 mins<br/>Rated PG-13 (2021)<br/>Comedy</p> | <p>February 22, 2022<br/>"Blithe Spirit"<br/>Runtime: 1 hour; 39 mins<br/>Rated PG-13 (2021)</p>           |



## Ping Pong



**We are excited to add Ping Pong as our newest activity. Please call to schedule so that set up is accommodated prior to arrival.  
(714) 895-2878**

**Ping Pong is available Monday through Thursday 8:00 a.m. - 4:00 p.m.**

# Senior Fitness

## Longevity Stick

Help maintain a healthy body and mind by improving balance, flexibility, strength, mental focus, and breathing.

Mondays and Thursdays

9:00 a.m.—10:00 a.m.

Sunken Gardens (No Cost)



## Tai Chi

Fridays 8:30 a.m. - 11:00 a.m.

Fee based. Registration required.

714-895-2860

## Line Dancing

Line Dance class uses many types of music, tempos, rhythms and styles of dance and dance combinations. It is also a great benefit for exercise, memory, balance, mobility, cardiovascular fitness, staying healthy and it is fun, friendly, you don't need a partner, age is not a factor and it is very social. All line dance classes are fee based. Please call for more information at (714) 895-2860.

Jimmy's Aerobic Line Dancing 2 & 3 – Thursdays 9:00 a.m. – 10:30 a.m.

Jimmy's Aerobic Line Dancing 3 & 4 – Thursdays 10:30 a.m. – 12:00 noon

Jimmy's Aerobic Line Dancing 4 & 5 – Thursdays 12:45 p.m. – 2:30 p.m.

Line Dance for Fun & Fitness Level 3-4 – Mondays 11:00 a.m. – 12:30 p.m.

Line Dance for Fun & Fitness Level 4-5 – Wednesdays 11:00 a.m. – 12:30 p.m.

Line Dance Level 1 – Tuesdays 2:30 p.m. – 4:00 p.m.

Line Dance Level 2 – Thursdays 3:00 p.m. – 4:30 p.m.

Line Dance Level 2-3 – Mondays 2:30 p.m. – 4:00 p.m.

Beginning/Intro Line Dance – Wednesday 10:30 a.m. – 11:30 a.m.

Suzu's Level 2-3 Line Dance – Tuesdays 11:15 a.m. – 12:15 p.m.

## Stretch and Flex

Stretching exercises to help the joints, muscles, and with range of motion. Exercises are done sitting in a chair which takes the stress of the hips, knees and lower back.

## Mayor & City Council

Tri Ta  
Mayor

Carlos Manzo  
Vice Mayor - District 2

Tai Do  
Council Member

Kimberly Ho  
Council Member - District 3

Chi Charlie Nguyen  
Council Member

Interim City Manager  
Christine Cordon  
(714) 548-3237

Acting Community Services  
Director  
Vanessa Johnson

## Senior Center Staff

Claire Amyx  
Senior Services Supervisor

Jaime Terrible  
Recreation Coordinator

Blanca Luna  
Recreation Coordinator

Maribel Avilez  
Nutritionist

Bertha Martinez  
W.O.W. Transportation  
Coordinator

Paul Mungo  
W.O.W. Driver

Xenia Ortega  
Project S.H.U.E. Director

### Important Phone Numbers

|                                 |               |
|---------------------------------|---------------|
| Westminster Police Emergency    | 911           |
| Police-non-emergency            | (714)898-3315 |
| Westminster City Hall           | (714)898-3311 |
| Orange County Fire Authority    | (714)573-6000 |
| Adult Protective Services       | (800)451-5155 |
| Westminster Chamber of Commerce | (714)898-9648 |
| Westminster Library             | (714)893-5057 |
| HICAP Orange County             | (714)560-0424 |
| Social Security                 | (800)772-1213 |
| Council on Aging                | (714)479-0107 |
| Office on Aging                 | (800)510-2020 |
| Information Help Line           | 211           |
| Traffic Information             | 511           |



# Martin Luther King Jr.

Alabama  
Assassination  
Brotherhood  
Change  
Civil rights  
Dream  
Equality  
Freedom  
Georgia  
Integration  
January  
Justice  
Minister  
Nobel  
Nonviolence  
Peace  
Rosa Parks  
Segregation  
Speech

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| R | K | S | X | M | E | A | L | A | B | A | M | A | K | R | E | Q |
| A | F | T | X | Y | E | B | C | C | A | G | W | L | R | T | G | Q |
| O | C | H | A | I | G | R | O | E | G | D | X | Z | A | K | R | R |
| I | Q | G | T | A | G | G | S | N | F | E | X | D | P | A | E | N |
| J | G | I | N | T | E | G | R | A | T | I | O | N | A | T | G | O |
| A | E | R | Z | Z | J | U | S | T | I | C | E | Q | S | B | A | I |
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| U | B | I | J | F | P | S | F | Q | E | X | N | V | R | O | I | A |
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